

**Ellington Senior Center Calendar**  
**August 2010**

<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>
<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
<b>EMAT APPTS</b>  Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am  Stop & Shop	<b>EMAT APPTS</b>  Bridge 9:00am Bocce Ball 10:30am Dominos 1:00pm Setback 7:00pm  <b>“Out To Lunch”</b> <b>Sophia’s Restaurant,</b> <b>E. Windsor</b> <b>1pm</b>	<b>EMAT APPTS</b>  HVCC Transit Podiatry Clinic 9:00am Shuffleboard 2:00pm  Big Y	<b>EMAT APPTS</b>  Sew & So/Crafts 9:30am Canasta 1:00pm  SAT - 8/7/10 Setback @ 7:00pm	<b>EMAT APPTS</b>  Mahjongg 10:00am  SAT - 8/7/10 Setback @ 7:00pm
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
<b>EMAT APPTS</b>  Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am  Stop & Shop	<b>EMAT APPT</b>  Bridge 9:00am Bocce Ball 10:30am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm	<b>EMAT APPTS</b>  HVCC Transit Shuffleboard 2:00pm  <b>Protecting Your Health</b> <b>Care Benefits</b> <b>2 pm</b>  Big Y	<b>EMAT APPTS</b>  Sew & So/Crafts 9:30am Canasta 1:00pm  <b>Better Age Picnic 12:00pm</b>	<b>EMAT APPTS</b>  Mahjongg 10:00am  SAT – 8/14/10 Setback @ 7:00 p.m.
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
<b>EMAT APPTS</b>  Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am <b>Paving of parking lot</b>  Stop & Shop	<b>EMAT APPTS</b>  Bridge 9:00am Bocce Ball 10:30am Setback 7:00pm  <b>Paving of parking lot</b>	<b>EMAT APPTS</b>  HVCC Transit Shuffleboard 2:00pm  <b>Paving of parking lot</b>  Big Y	<b>EMAT APPTS</b>  Sew & So/Crafts 9:30am Canasta 1:00pm Memory & Creative 1:00pm Writing (Billard Room)  <b>Caring Solutions</b> <b>Balance Presentation</b> <b>2:30pm</b>	<b>EMAT APPTS</b>  Mahjongg 10:00am <b>Parkinson Support</b> <b>Group 10:00pm</b>  SAT – 8/21/10 Setback @ 7:00 p.m.

23	24	25	26	27
<b>EMAT APPTS</b>  Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am  Stop & Shop	<b>EMAT APPTS</b>  Bridge 9:00am Bocce Ball 10:30am Blood Pressure 1:30pm Diabetic Screening 1:30pm Setback 7:00pm  <b>Movie Time 1pm</b> Big Y/Walmart	<b>EMAT APPTS</b>  HVCC Transit Shuffle Board 2:00pm  <b>Luau Party 4:30pm (rain date 8/26/10)</b>  Big Y	<b>EMAT APPTS</b>  Sew & So/Crafts 9:30am Canasta 1:00pm   SAT – 8/28/10 Setback @ 7:00 p.m.	<b>EMAT APPTS</b>  Mahjongg 10:00am   SAT – 8/28/10 Setback @ 7:00 p.m.
30	31			
<b>EMAT APPTS</b>  Garden Thyme 9:00am Exercise Class 9:00am Tai Chi (beginner) 10:30am Tai Chi (advanced) 11:30am  <b>Senior Medicare Patrol 2pm</b> Stop & Shop	<b>EMAT APPT</b>  Bridge 9:00am Bocce Ball 10:30am Setback 7:00pm  <b>Independents Unlimited L &amp; L 12:30pm</b>			<b>*<u>Note:</u> Schedule subject to change without prior notice</b>
Upcoming Activities		Monthly Features		Reminders
Ellington Singers begin season on 9-1-10 – 10am  Parkinson Support Group: 9-17-10 10:30am  New Alliance Bank: Lunch & Learn 9/30/10 - 12:30pm  <b><u>Evenings</u></b> Cards: Setback – Tuesday & Saturdays - 7pm.		Ballroom/Polka Social – Friday, Ballroom (1pm beginners) (1:30pm-regular); Polka (2:30pm) Better Age Club – Meetings 2 <sup>nd</sup> & 4 <sup>th</sup> Thurs of month (1pm) Blood Pressure Clinic/Diabetic Screen –2 <sup>nd</sup> & 4 <sup>th</sup> Tues of the month (1:30pm) Bocce Ball – Tuesdays (10:30am); Snipsic Village Bridge – Tuesdays (9am) Exercise Classes – Mondays (9:00am) Garden Thyme – Mondays (9:00am) Line Dancing – Mondays (1:00pm beginners) (1:30pm- regular) Mahjongg – Friday (10am) Memory & Creative Writing – 3 <sup>rd</sup> Thursday of month (1:00pm) Movie Time – Last Tues of month (1pm) Musical Insights – 2 <sup>nd</sup> & 4 <sup>th</sup> Monday of the Month (6:00pm) Out To Lunch – 1 <sup>st</sup> Tues of month (1pm) Podiatry Clinic – First Wednesday of month (9:00am) Sew & So/Crafts – Thursdays (9:30am) Shuffle board – Wednesdays (2pm) Tai Chi – Mondays (10:30am beginners) (11:30am advance) Anna L. Turner, MSW – Elderly Outreach Social Worker		<b>Transportation Line: 860-870-3137 Hours: 9:00 a.m. – 12:00 p.m.</b>

